Brown rice flour

Brown rice flour
by **zeech425** » Mon Oct 31, 2022 11:38 am

is a product made by grinding broken rice, mainly long grain rice. Normal, is made from long-grain rice . If you take whole grain rice, it becomes
The typical area of application for rice flour is in the Far East. For example, rice cakes are made from it in Korea or rice noodles in Thailand. Another possible use is to thicken sauces, where rice flour can act very well as a binding agent.
An advantage of rice flour is that it does not contain gluten, making it an ideal substitute for people who are gluten intolerant. Rice flour absorbs most of the water needed to bake bread during baking itself. So don't be surprised if the dough is very runny when it's still cold. You can also make rice flour yourself with a suitable . However, rice is harder than wheat, so the mill should also be able to grind very finely and have robust grinders. In my opinion, steel grinders are only a second choice here. Natural stone grinders or those made of corundum ceramic (artificial stone) are better.
Alternatively, if you already have a food processor, you can buy an appropriate attachment or attachment. In my experience, however, these are usually equipped with steel grinders. In my opinion, if you make

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Re: Brown rice flour
by **PriceGoogly1** » Thu Nov 03, 2022 2:29 am

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